



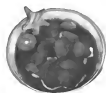
4

Gido
Amagakure

sweetness & lightning

sweetness & lightning

4



Gido Amagakure

c o n t e n t s

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Springy Shredded Cabbage and Shougayaki

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Chapter 17
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Chapter 18
Kobachi and Kinpira Gobou

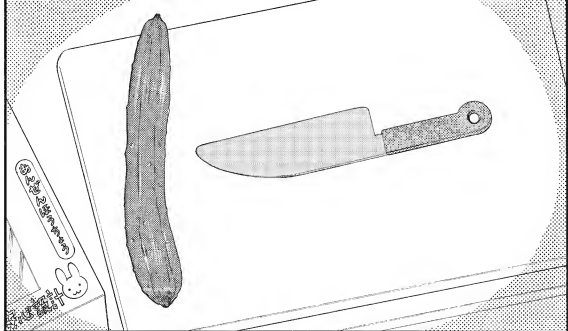
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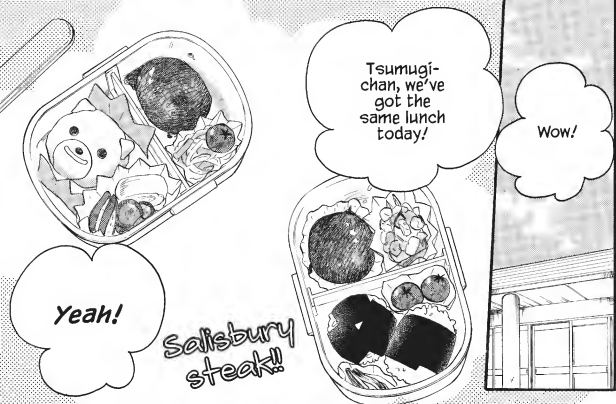
Box: "Safety Knife - Made For Safety"





Chapter 16 Springy Shredded Cabbage and *Shougayaki

*Ginger-Fried Pork



Strange
conversations
happen all the
time at
preschool.

Your
heart,
huh?

HA HA HA HA!

Hm...

My
heart!

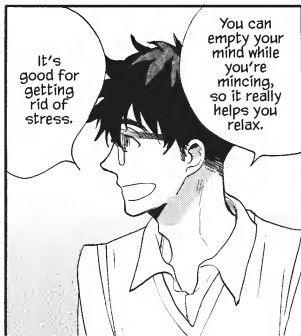
Your
weight?

You
mean
your
height?

At your
level?



Sign: "Math Prep Room"





I do think I've gotten used to using a knife.

But, well...

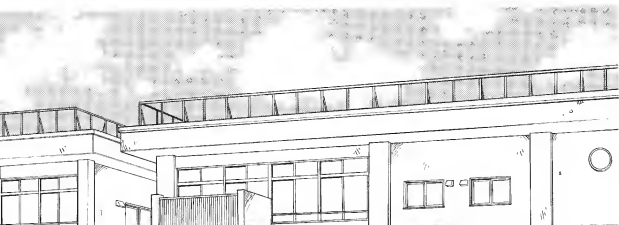


You seem like you'd be really good at it, Inuzuka-sensei!

Ugh... mincing.

I'm terrible at that.

Nah, I don't think so.



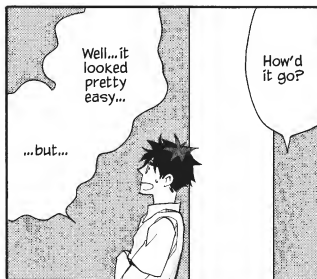
Is there anything you want to make?

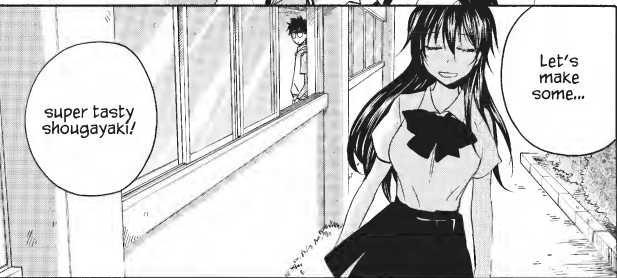
Hm...

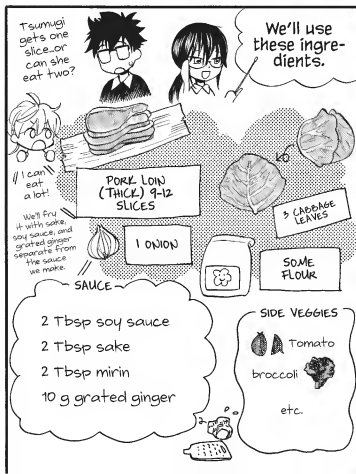


So next Wednesday night...

...we can use the restaurant.













Yes. Then either push or pull with the knife as you cut, whichever is easier.

Oh.

You don't really cut it.



Then loosely roll them up, pressing down and holding so they're easy to cut.

First put the cabbage leaves on top of each other.

Like this?



Long.

CHOP

CHOP



Thin.

It's more like you're shaving off slices.

CHOP

CHOP



WOW. DADDY!

Looking good!

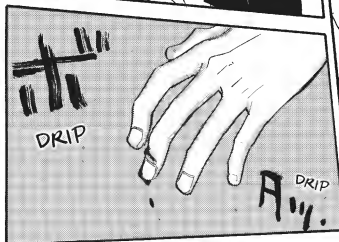
Yeah!

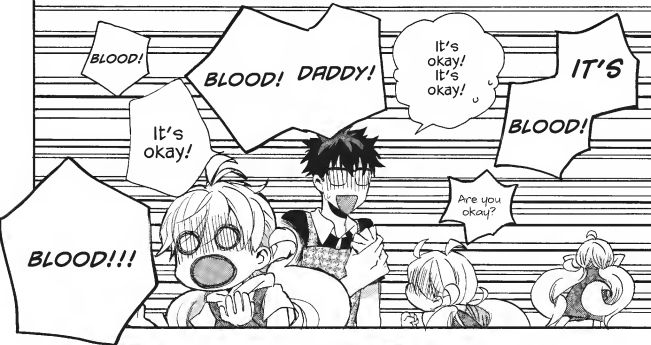
HA HA!

OH! Nice job!

Just like that!







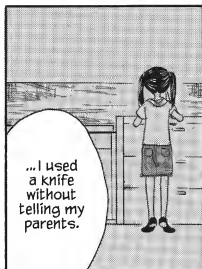












...I used
a knife
without
telling my
parents.



When
I was
little...



...



But...

...I wanted
to do my
best.



I cut
myself and
had to have
stitches!

Oww...

...and I'd
seen them
do it lots of
times, so I
thought
I'd be okay,
but...

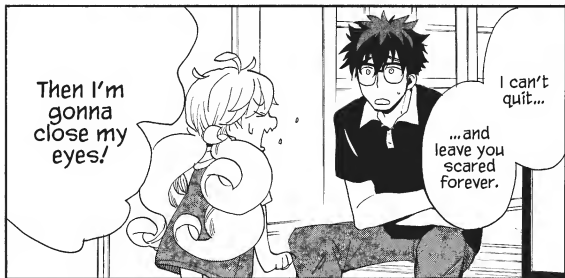
I was
in third
grade...



...having
their
child get
hurt when
they're not
around.

That has
to be
rough for a
parent...







...
Right,
right.



You're
not
listening
to me,
Daddy!



No!

Huh?
No moral
support...?

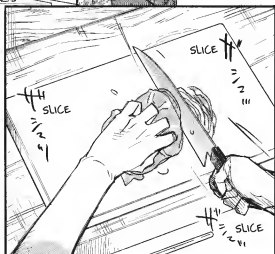
Ugh...
SLUMP

WAX!



Okay. ○○

WHEN
→











SPRING

But near
the end,
they got
nice and
thin!

Like
thread!

Wow!
They're
so
thin...

The ones
from when
I started
are thick,
aren't they?

おお〜
OOOH!

If I practice
with a knife,
can I get good
like you,
Daddy?





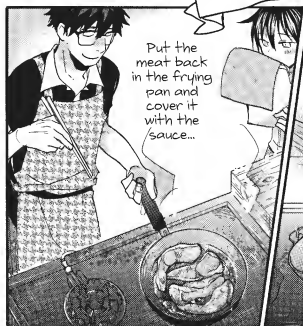
Then dredge with flour and pat.

Make 3-4 small cuts in the pork.

First, fry up the onion with sake, soy sauce, and grated ginger.



Back to making pork
SHOUGAYAKI!



Put the meat back in the frying pan and cover it with the sauce...

Take out the meat, pour the sauce into the frying pan, and bring to a boil.



Okay!

Then keep on frying!

Pork
shouga-
yaki!

と

THUD

ん

It's
done!

Specially
made!



let's
eat!



And
now...

This is
kind of
amazing!
It's glis-
tening!

Oh,
wow!

It's all
shiny!



CHOMP

CHOMP







SHOUGAYAKI GINGER-FRIED PORK

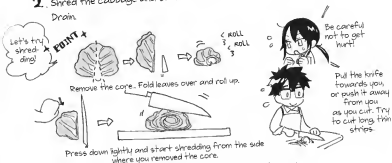
☆ Ingredients ☆ Series 3

- 1 onion
- 3 cabbage leaves
- 9-12 slices of pork loin (thick)
- Some vegetable oil and flour
- Side Vegetables (tomatoes, cucumbers, boiled broccoli, etc.)

- (A) 2 Tbsp each of soy sauce, sake, and mirin, 10 g grated ginger
- (B) 1 1/2 Tbsp each of soy sauce and sake, dab of grated ginger

Steps

1. Chop the onion into thin slices. Mix Group A thoroughly.
2. Shred the cabbage and soak in ice water for several minutes to make it crisp. Drain.

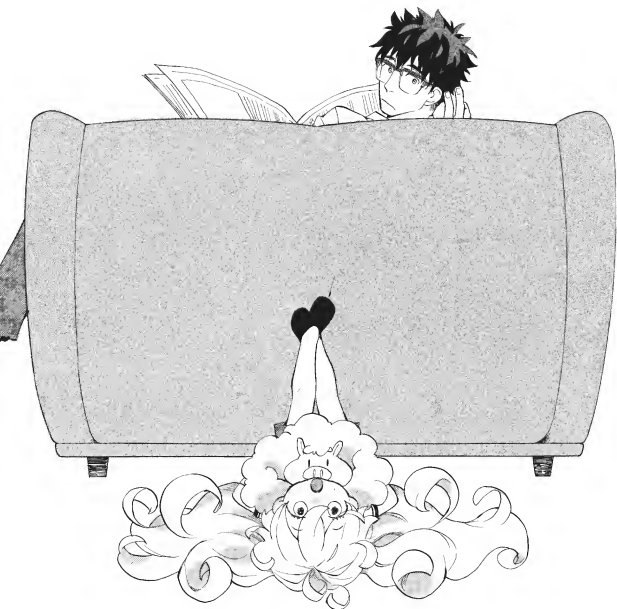


3. Heat vegetable oil in the frying pan and fry up the onion from step 1. Once it softens up, add Group B. Remove the onion when the excess moisture has evaporated.
4. Make 3-4 small cuts in the pork. Then dredge with flour and pat. Fry 3-4 pieces of pork at a time, both sides, and then remove when they're browned.
5. Pour half of the thoroughly mixed Group A into the frying pan from step 4, and bring to a boil. Put half of the pork back in and cover with the sauce. Once it's done, take it out and repeat with the other half.
6. Put the cabbage from step 2 onto a plate, arrange the onions from step 3 in front, and place the pork on top. Add the side vegetables.

...and you're done!

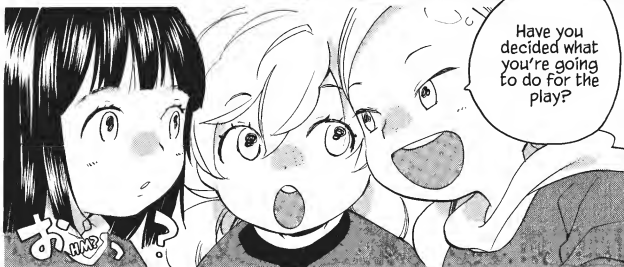








Hey,
hey!



Have you
decided what
you're going
to do for the
play?



...Mr.
Galigali!

I'm
gonna
be...



I... I wanna
be Magi-
Girl or
Yoshiko-
chan,
maybe.

Ha ha ha
ha! Hee!
Look at
this!

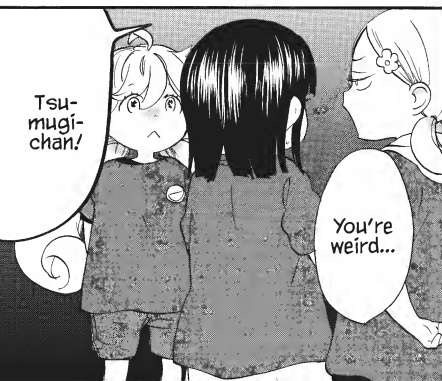
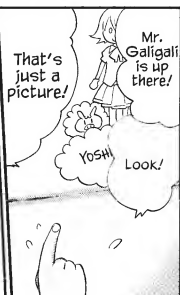
You
can pick
whoever
you
wanna be,
right?

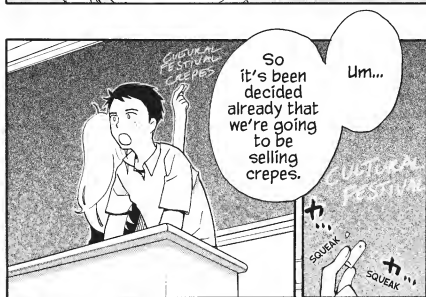
Wait!

Gotta be
Yoshiko-
chan, yeah!

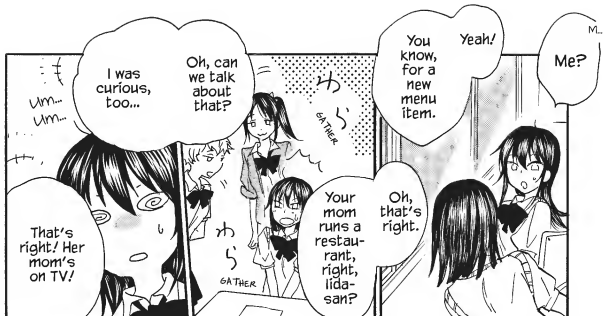


HUH?













That is nice!



That seems nice...

Carton Milk Tea



Sounds great!

Then why don't we try a taste test?!

*Pacific Sauri



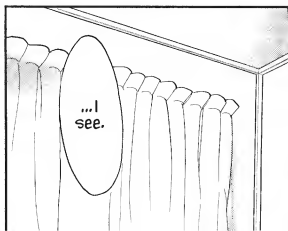
Tsu-mugi!

I talked with Kotori-san today...



Okay.

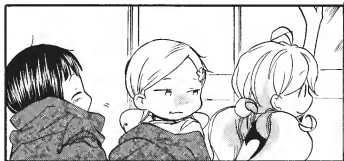
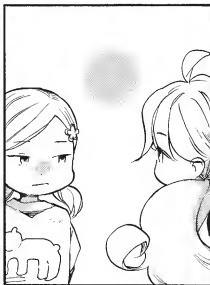
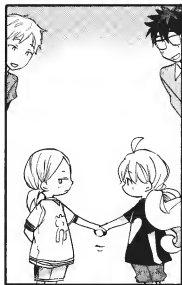


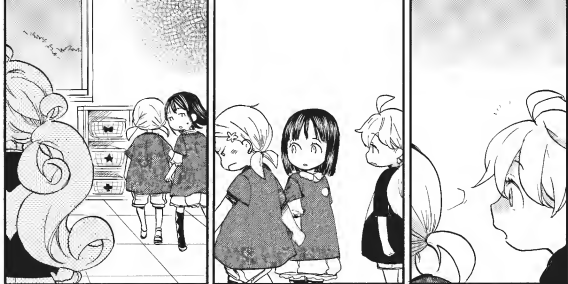






The
next
day







Hellooo...

Wel-
come!

Hey.

...O?!

She's
so
happy!

HA HA HA

Why?
Why?

Huh?
You
too,
Yagi?

Why
are you
here?

Huh?
Huh?



...and it's fall, and they're yummy and easy to get ahold of, so I decided on delicious sweet potatoes!

I thought about it a lot...

We'll use these ingredients

Crepes

(Makes about ten 20 cm crepes)
80 g weak flour

Whipped cream
300 cc cream

30 g granulated sugar

20 g granulated sugar

100 g egg

20 g butter

250 cc milk

Some crushed almonds

Sweet potato cream

220 g sweet potatoes (peeled)

30 g granulated sugar

100 cc milk

It's a crepe party!

That's right!

Hee hee

Ooh... I'll look forward to that!

We'll be bringing the milk to room temperature, so get it out, okay?



Come on, try it!

You can do it!

Okay, let's make the batter!

Okay!

The butter smells so good...

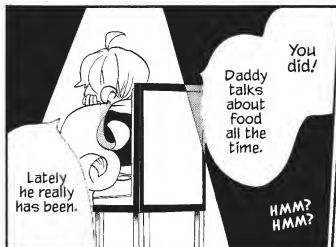
Ooh...

SIZZLE

Um... Put the butter in the frying pan where you'll make the crepes and turn on medium heat.

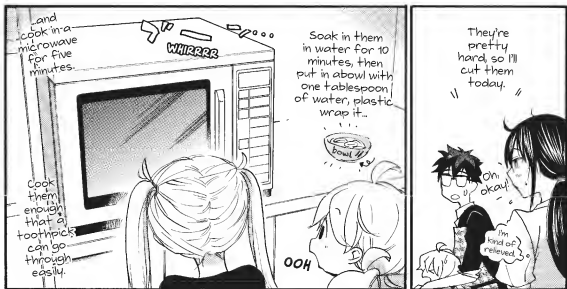












し
し

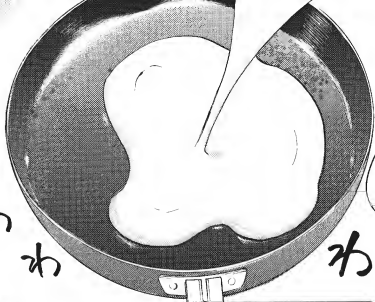
SIZZLE

し
し

SIZZLE

わ
わ

わ
わ



Now
cook...

...the
crepe
batter!

わ
わ



Tsu-
mugi-
chan!

Let's fold
up the
crepes
together!



Let's
whip the
cream,
too!

Aah~

Once the
edges
turn
brown,
turn it
over...



Spread
out!

SWEAT
SWEAT

お
お
お



But
they're
pretty
sturdy...

Today
we're not
doing
it the
triangle
way.

Let's
fold them
over like a
letter

Wow!

They're
so
soft!

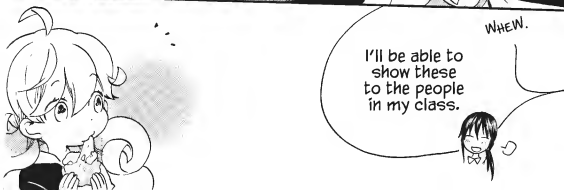


...
We did
it!



Okay!





And the class knew I liked to eat.

We want to have a new item for the menu.

Yeah.

There's a fair called... a culture festival.

The people in your class?

...and that makes everybody happy, that makes me really happy!

Heh.

So you see, if I do what I like...

I've never really talked to them...

...but they still knew what I liked.

So they asked me to try and find one.

...aren't happy about what I like.

You're lucky.

My friends...

...

You don't know that they'll be happy yet.

Don't scare me like that!!





Hana-chan
says she
wants me
to be
Yoshiko-chan
with her.

But...



What you
want to do is
important to
me, okay?



...sometimes
things don't
go well.

Even if
nobody's
really done
anything
wrong...

Tsu-
mugi,
listen.

... Yeah.



...Uh,
I don't
know.

Well,
maybe
she'll see
the out-
fit and
go, "Oh
wow!"

I...
hope
she
does.



...and try to
make her
understand,
okay?

So
let's
work
hard...

But there
are still
things you
can try.

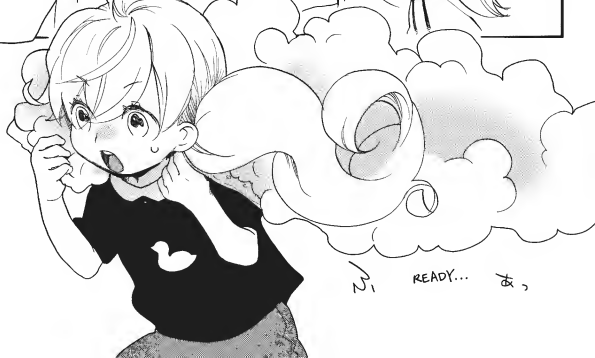
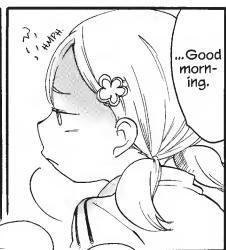


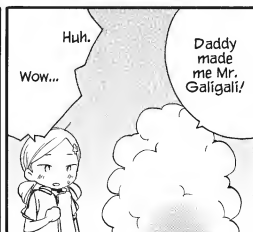
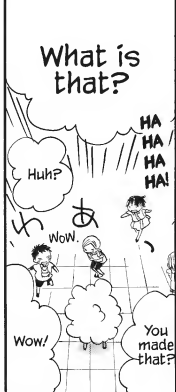
Like how making food is fun!

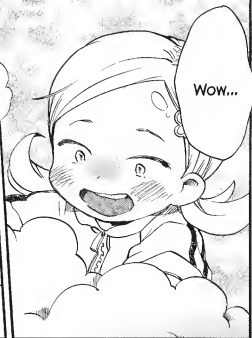
I like working hard.

I like it.









So can you
be Yoshiko-
chan with me,
Hana-chan?



I'm gonna
be Mr.
Galigali.

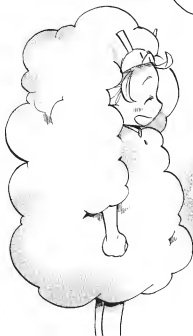
Yeah!

This is
gonna
be the
best
play
ever!

Wh...

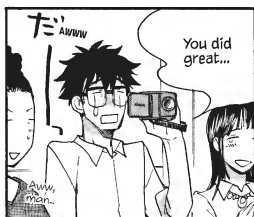
Whew.

Yeah...!





Meanwhile, Kotori...



Chapter 17: End



SWEET POTATO AND CREAM CREPES

☆ Ingredients ☆ (makes ten 20 cm crepes)

♥ BATTER

250 cc milk 20 g butter 80 g weak flour
20 g granulated sugar 100 g eggs

◆ SWEET POTATO CREAM

220 g sweet potatoes (peeled)
30 g granulated sugar 100 cc milk

● WHIPPED CREAM

Group A: 300 cc cream 30 g granulated sugar
Some Crushed Almonds

Steps!

1. Make the batter. Bring the milk to room temperature. Put the butter a frying pan on medium heat. Once the bubbles in the butter disappear and it turns a light brown, take it off the heat and cool on top of a wet cloth.
2. Sift the weak flour into a bowl, add the granulated sugar, and stir well. Make a little depression in the center, add the egg, and mix. Add in the butter from step 1 and mix thoroughly.

★ POINT ★

Leave any remaining butter in the frying pan.



3. Add the milk from step 1 little by little into the ingredients from step 2, stirring as you go. Let the batter sit in a cool place for around an hour.
4. Make the sweet potato cream. Cut the sweet potatoes into 2-3cm slices, and place them in water to get rid of any bitterness. When about 10 minutes have passed, take them out and put them in a bowl with 1 Tbsp of water. Wrap and microwave for 5 minutes.

★ POINT ★

if a toothpick goes clean through, they're ready.

5. Mash the ingredients in step 4 with a masher and mix in the granulated sugar. Boil the milk and stir in little by little.

You can add a little bit of rum, if you want, to give it a grown-up taste!

At this point...

6. Place the ingredients from A into a bowl, then place that bowl into a larger bowl which you have filled with ice water. Whip the cream until it's at the point where it forms stiff peaks.
7. Heat the frying pan from step 2 on medium heat and wipe away excess butter with a paper towel.
8. Ladle approximately 40 ccs of the batter into the center of the pan. Spread it out in a circle by tilting the pan. Move the frying pan so that all parts are heated evenly.

It's a bit of a pain to measure out 40 ccs every time you want to fry one.



Before you cook, put 40 ccs of water into the ladle to see how much you need. Then you can just eyeball it.

9. Once the edges of the crepe start turning brown, take the pan off the heat. Pinch the edges of the crepe, and flip it from back to front. Put the pan back on the fire and in 25 seconds, it'll be done!
10. Repeat steps 8 and 9 to cook the batter. Put about 30 g each (approximately 1/10th of the total) of sweet potato cream and whipped cream on every crepe. Add some crushed almonds, wrap it up, and you're done!



Don't get burned by the frying pan!

I'm going to
sleep in this
tonight!



After the play

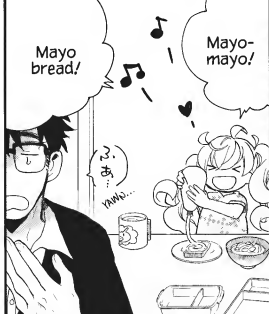
That looks
hard to
sleep in...



Chapter 18 Kobachi and Kinpira Gobou*

*Small Plates and Braised Burdock Root with Carrot





Is
Tsumugi
gonna
get
fat?!

Is she
gonna
get
fat?



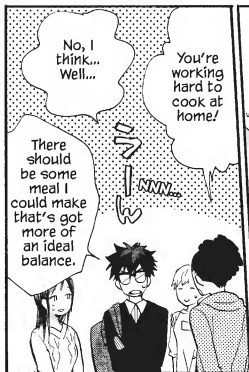
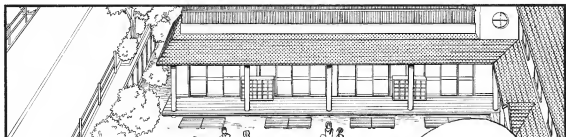
...are
things a
teen-
age boy
would
like.

Come to
think of
it, all the
recipes I
can make
off the
top of my
head...

Fried Chicken
Rice
Salisbury Steak
Rice
Dry Curry
Tsumugi's
Favorite Menu



は...
SIGH...



No, I
think...
Well...

You're
working
hard to
cook at
home!

There
should
be some
meal I
could make
that's got
more of
an ideal
balance.

う
|
NNN...
w

You're
worry-
ing too
much.

Tsumugi-
chan's
not
getting
fat.

What's the
problem? Let
her eat and
then run
around and
work it off.





Um...

Ballet!

It's when
you wear a
dress like a
princess
and
dance!

Ballet?

I'm not
gonna
get fat!
I started
ballet!

STRETCH

STRETCH

!?

I'm gonna
play soccer
when I get to
elementary
school, so I
don't need to
do ballet.

You guys
wanna do
it, too?

ほ
Ooh~
!

I'm gonna
play baseball
with my big
brothers!

!?

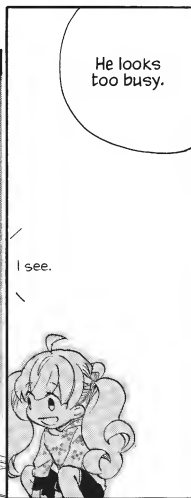
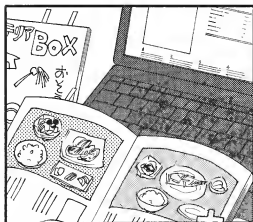
Every-
body's
doing
some-
thing.

Ooh...

I'm gonna
hit a lot of
home runs!

And then I'm
going to the
World Cup!

I've
got a
recital!





Yeah, if I just add a veggie side to each meal...

Now for a veggie side dish...



Ah, here we go.

She put ohitashi* in this.

* Boiled vegetables soaked in dashi-based sauce.



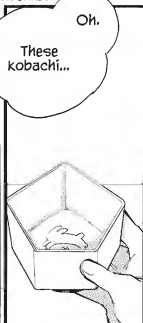
That's right.

We used to put plates like this on the table...



...but the illustration on the bottom is different.

...all have the same shape...



Oh.

These kobachi...









Sesame seed bagel with cream cheese



You
wanna
come?

Huh?

We're
going to
get some
crepes
on the
way
home!

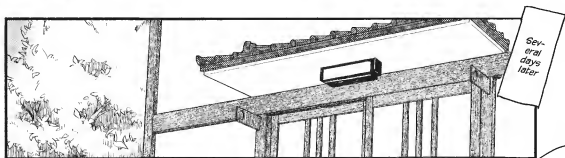
lida-
san!

I'll
come!

Yeah!

ちら
GLANCE

THUMBS
UP!
グッ!



Right then, let's get to work.

But I think lining up kobachi...
...will be just as exciting!

It was so much fun...

I got to try a bunch of different kinds!

I'll take a bite!

Want to try mine?

KINPIRA?!

Ingredients:

• 160 g burdock root



• 40 g carrots



• ½ Tbsp sesame oil



• Some roasted sesame seeds



Seasonings

4 tsp soy sauce
3 Tbsp mirin
3 Tbsp sake

Okay, so for today I'd like to make kinpira gobou!

...the child of Kintaro-san, right?

Kin-pira is...

I can eat it!

Tsumugi, you can eat kinpira, right?



So if you eat it, you get super strong!

So I'm gonna eat it!



That's what Mommy said.

Yeah!

Is that so?

I'll look that up later...



...you can change it up and use lotus root or daikon radish instead, or add konnyaku or mushrooms.

Once you know how to make it...

I see...

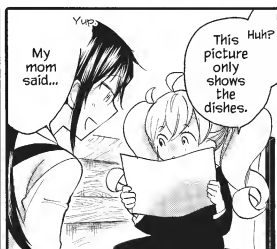
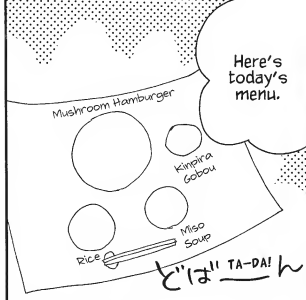


You should have some, Daddy.

Oh, I see. We haven't been eating any lately.

So you'll get strong

You're right. Daddy's gotta get strong.













It smells good!

It really does!

GASP

はー

SIZZLE

And then add the seasonings.

さっさと

わっ

Kinpira gobou!

...add the sesame seeds...

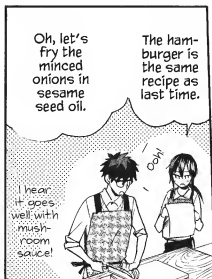
Boil it down for four to five minutes until all the liquid is gone...

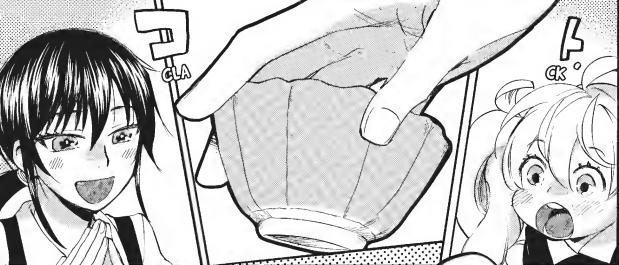
STEAM

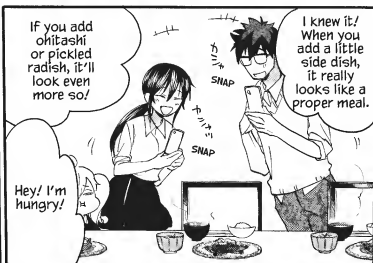
STEAM

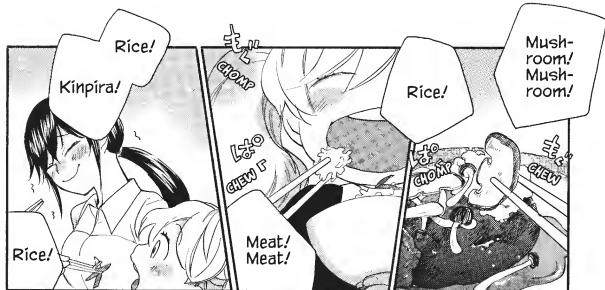
Wow!

...and it's done!













HUH?

Soccer,
too. Hana-
chan says
she's doing
that.

Is ballet,
um...some-
thing you
learn?

Like... At a
school?

Um, do you
want to
do ballet?

How much
does it
cost?

It's like...
every-
body's
doing
stuff, and
it seems
fun.

There's a
bunch of
stuff.

Or
baseball.

It looks
really
great.

Can I try
those
things,
Daddy?

I kinda
wanna
do it.







KINPIRA GODOU

☆ Ingredients ☆ (serves 4)

40 g carrot (You'll use 3-4 cm of the thickest part of the carrot)
 160 g burdock root ½ Tbsp sesame oil
 Some roasted sesame seeds (white)



- Ⓐ 4 tsp soy sauce 3 Tbsp each of mirin, sake
 Note! Don't use cast-iron frying pans or knives.
 The burdock root will turn black.

Steps

1. Peel the carrot and slice off about 1 cm from each side to make square edges... Slice thinly into pieces about the same size as you will cut the burdock root.



2. Wash the dirt off the burdock root and scrub lightly with a scrub brush.

★ **POINT** A lot of the flavor of the burdock root is in its skin, so don't scrub that part off.

Cut into the root from the thin end and pull it towards you to split it down the middle. Put the side you cut facedown to keep it stable.

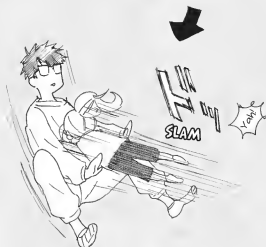


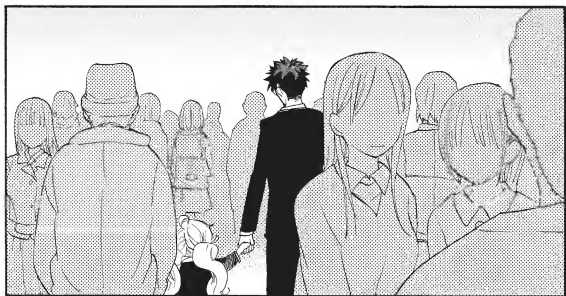
Just get the mud off.

★ **POINT**

Don't soak it in water because you'll lose the scent and flavor. Be ready to fry as soon as you cut it!

3. Put the sesame oil into the frying pan and fry the burdock root from step 2. Fry on medium heat for 3-4 minutes, and then add the carrot from step 1. Fry for an additional minute and then add the ingredients from Group A.
4. Boil it down for 4-5 minutes until the liquid is gone, then add roasted sesame seeds and you're done.







(Edoda
Dermatology)

(Tanaka Clinic)

江戸田ひふ科

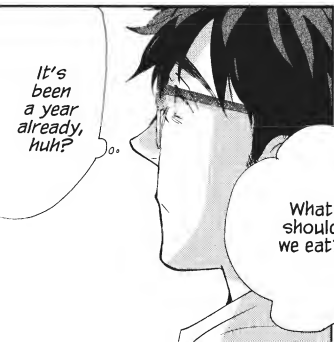
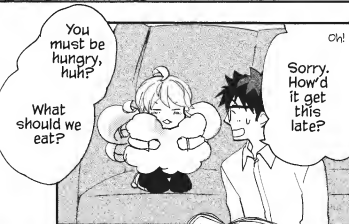
たなかクリニック

河田眼科

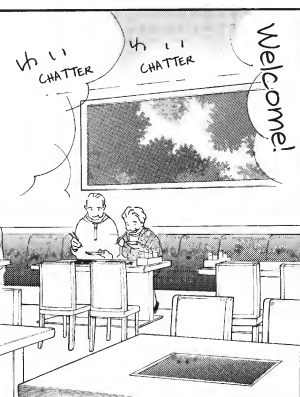
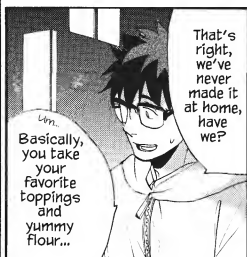
(Kawada
Optometry)

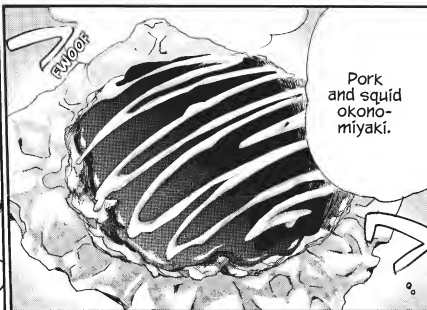
いらい歯科

(Iwai
Dentistry)

















I see.

Oh...
I'm a little
relieved.

Explain-
ing

It would
be sad if
that were
her first
memory
of
okono-
miyaki.

Let's do it,
Sensei!

Then, do
you want
to make
okono-
miyaki?!

That's it!

Would
that be
okay?

Let's
get you
back in
her good
graces!

I'll talk
to her.

You're...
right,
yeah!



Yeah!

So the next time we cook with Kotori-san, we're going to make okonomiyaki.

But I wanted to make it sizzle...

Okaaaay.

Shinobu Kojika-san, too.

Kotori-san's mommy is going to be there.

Huh.

Oh...

I don't really remember what okonomiyaki tastes like.

Ooh!

She's into it!

That...
...will be fun...

A
week
later

CHIRP
CHIRP

You said
you'd join
us.

Sensei
and his
daughter
are coming
today!

Nnn?

Get
ready,
okay?

Let
me sleep
a little
longer.

zzzzz...

Mom!

Wake
up!

Sorry!

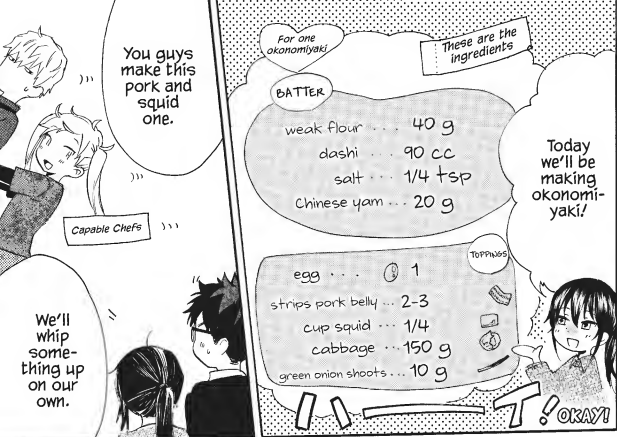
Oh!

I went
to sleep
last
night
without
telling
you!

Listen...













Oh...

Yeah.

Since
your
mom
said she
couldn't
come.



Huh?

Cut the squid
into small
strips.

What
about
you?
Are you
okay?



I kind
of wish
she'd
told me
soon-
er...
...that
she
couldn't
be here
today.

I kind
of feel
like...
...I'm
being
left out
of the
loop.



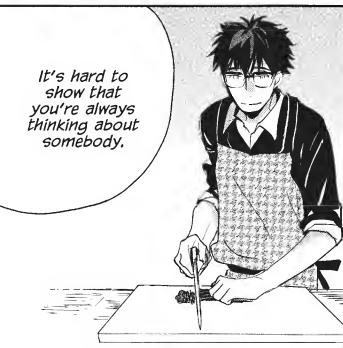
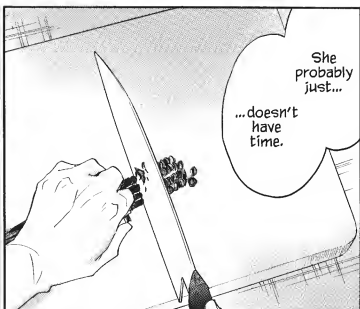
No,
it's
not
like
that!

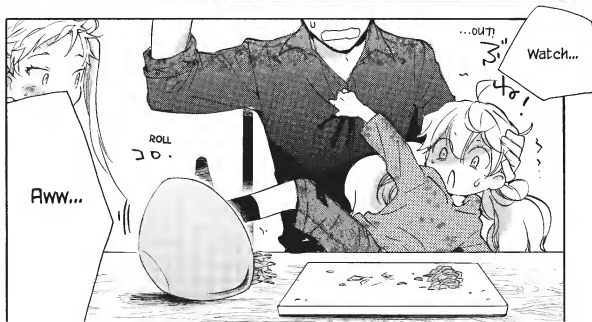
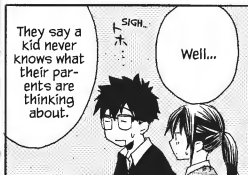
I know
she's
busy!
And her
job is
impor-
tant!



But...

Well...

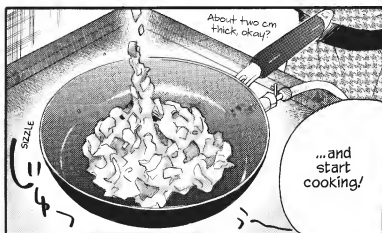


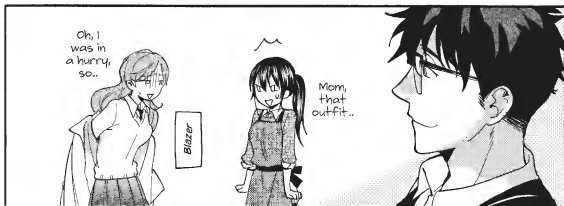












Cheers!

All right,
now that
we're all
here...?

++
SQUISH 7

First
try the
pork and
squid one
Daddy's
team made.

With a
pretty
pattern!

This
one's
the one
Yagi-chin
made
with beef
tendon
and kon-
yaku.

Wow!
The
meat's
crispy!

Let's eat it with a
soy flavored sauce!

And this
is the one
Kotori's
mom made
with
mush-
rooms.

++
SQUISH 7

あ
AAAH!

**Let's
eat!**



It's better than the one I had at the restaurant!

How? How?



It's good!

OOH!



No, it really is good.

HUH? Really?

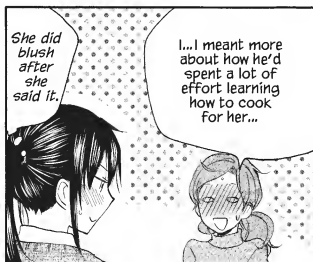
You're not praising me too much?



YEAH? YEAH?

HEE HEE...

The reason your dad's okonomiyaki tastes so good, Tsumugi-chan...





I'm
eating
a lot of
it, then,
aren't
I?



She's
eating
it...

That's
right...

To be
contin-
ued

She's
good
to have
around...

Hey,
now...

Yucky food
sometimes
has a lot of
nutrients
in it!

Nutrients!

FREEZE

Well...

No...

Does
yucky
food have
no love in
it, then?

Chapter 19: End

HORRAY! OKONOMIYAKI

☆ Ingredients ☆

(makes 1 okonomiyaki)

● BATTER

90 cc bonito stock 1/4 tsp salt
40 g weak flour 20 g Chinese yam

◆ TOPPING

150 g cabbage 1/4 Japanese squid 10 g green onion shoots
2-3 strips pork belly 1 egg

★ POINT ★ Add whatever ingredients you want, like tempura flakes, pickled ginger, konnyaku, shiitake mushrooms, or cheese!

Some vegetable oil

Some sauce, mayonnaise, katsuoboshi, aonori, etc.



Steps

- 1 Make the stock, cool it, and add salt.
- 2 Sift the weak flour into a bowl and mix in the ingredients from step 1 slowly, so it doesn't clump.
- 3 Grate the Chinese yam and mix it in. Then let rest for a while.
- 4 Cut the cabbage into 1 cm squares and make sure it's dry. Cut the squid into small strips. Chop the green onion shoots into slightly large pieces. Cut each pork belly strip into 4-5 pieces.



- 5 Put the cabbage, squid, and green onion from step 4 into a bowl and add the ingredients from step 3. Crack the egg in and give everything a mixing.

★ POINT ★

Mix the filling for each okonomiyaki just before you fry it. If you mix several at once, by the time you're done cooking, the moisture will be gone and it might not be good.

Warning

- 6 Pour a thin layer of oil into the frying pan and add the ingredients from step 5, spreading the batter out across the pan so that it's about 2 cm thick. Shape the edges with a spatula. Line up the pork belly from step 4 on top of the batter.
- 7 Fry for 3 minutes and then flip. Cover with a lid and fry for 4 minutes. Flip again and cook for 3 minutes with the lid off.
- 8 Transfer to a plate and add the sauce and mayonnaise, katsuoboshi and aonori, and it's done.





Chapter 20 Christmas and Beef Stew

Sign: Kid's Class



You're Inuzuka-san, right? You're here to try out the class?

Yes.

I'm Tsu-mugi!

As you can see...

...this preschool class is mostly kids under six who haven't started school yet...

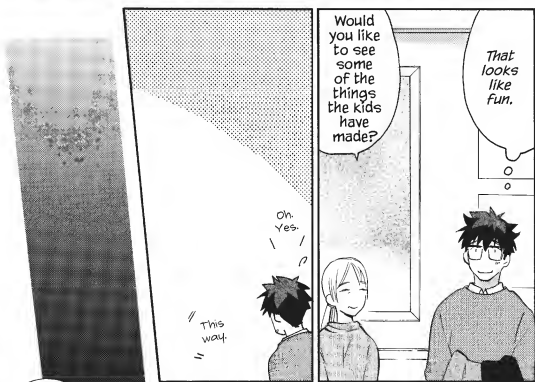
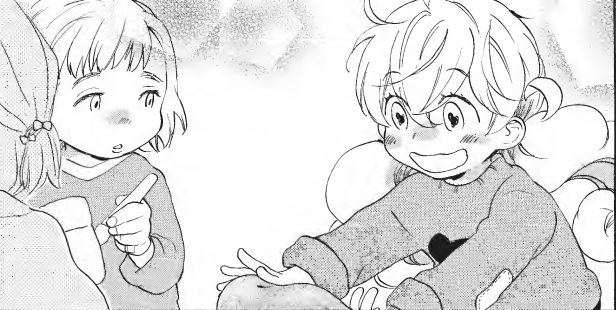


Yeah!!

Go ahead.

Want to give it a try?







Over-
seas!

No, no.
Santa
exists!

Uh...
Huh?
Um...

Wow.
That
must
be a
tough
job...

Well that's
creative

Santa
power!

And
Santa
gave
Daddy his
power!

I want
Santa
power,
too!

But
that's
great!

I'm sorry.
I don't
have that
one.

Wh...
what
about
rein-
deer
power?

Oh...

What's
that?

It's...it's
the power
to give
presents
to the
people
you love!





What's something good to eat on Christmas?



Ah, nah, I was planning on taking it easy at home on Christmas, so it's just fine!

Did you want to get together?

Some friends from class already invited me to a party...

Oh, I'm sorry!

A party, huh? That's great.

は
GASP!

は
DROOP



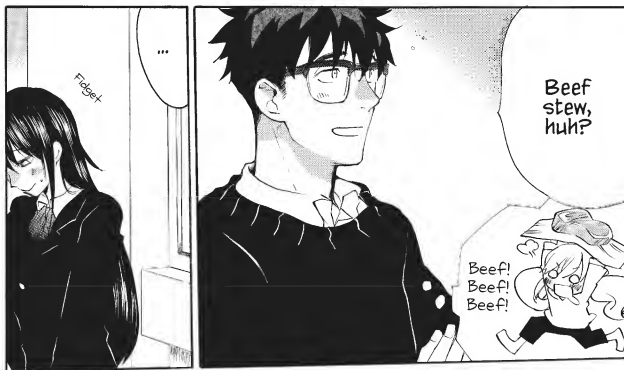
Yeah, just doing some research.

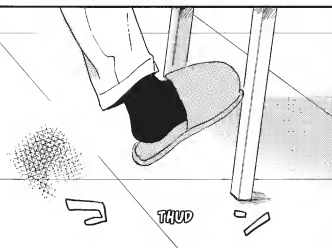
Since it's Christmas, I'd like to make something good.

You're not sure what to make for Christmas?

Oh...

Yeah...









Why would you
say something
like that?



Wah!

STAGGER
3.0

SMACK

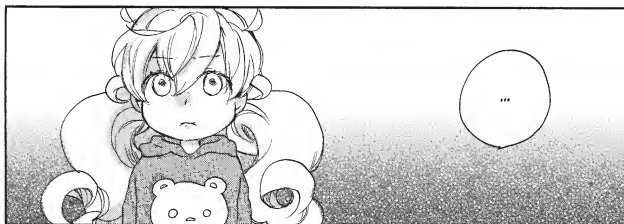


...to have
Christmas
without a
mom.



No
reason.

I was just
wondering
what it's
like...





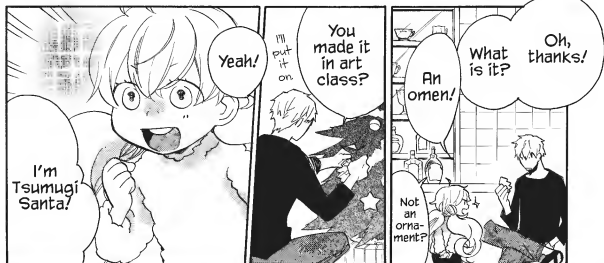


Here,
Yagi-
chan!

Merry
Christ-
mas!

I'm
going
to cut
out of
work
early.

Bye!



I'm
Tsumugi
Santa!

Yeah!

I'll
put
it
on

You
made it
in art
class?

An
omen!

What
is it?

Oh,
thanks!

Not
an
orna-
ment?



Okay,
then.

Why don't
we make
another
present
right now...

...and
surprise
your dad?

Yup!
I got Santa
power, and
I'm sharing
it with
everyone!

Wow,
you're
Santa,
huh?

BEARD

Want to
make a
cake?

Another
present?

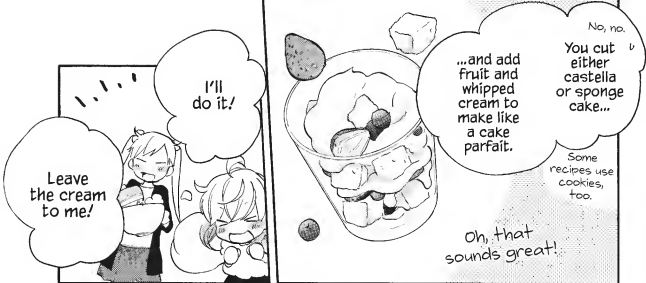


What? You
want to
go invite
them?

I want
to invite
right!
Kotori-chan
and Shinobu-
chan, too!

Okay,
let's go
get the
ingredi-
ents for
it...









Yeah.



Isn't that the case with you, too?



Huh? What are you guys doing here?

カッラ
CLATTER

Tsumugi, I'm back...



I'll bring it to him later.

How can we give it to Daddy so it'll be a surprise?



THUMBS UP!



I hope he likes the cake!



Bye bye!

See you!

Bye, Tsumugi-chan!



Sign: Pie Pastry







Let's
let the
pressure
cooker do
its job and
cut out
the shapes
from the
pastry!



Book: Manual



Daddy,
look!
Look!

Maybe it
looks like
oden?

It's a
tree,
but...
oo



It's a
squid!



Last
year...

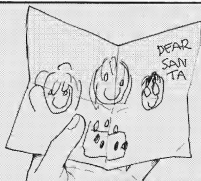
It'll be
okay!



I wonder
if it'll
rise..

...we really
didn't get
to do this.

So this
year...

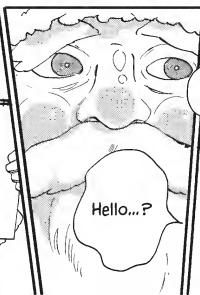


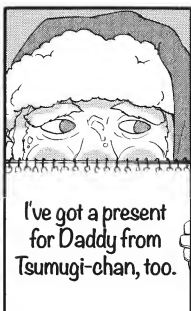




17.050
—
DING
DONG!













Thank
you...



CHATTER

ざん

You liked
it that
much,
huh?

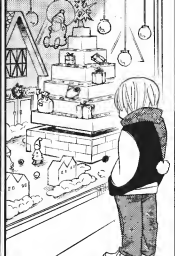
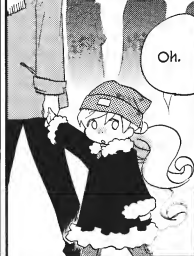
I could
have that
for dinner
tonight!

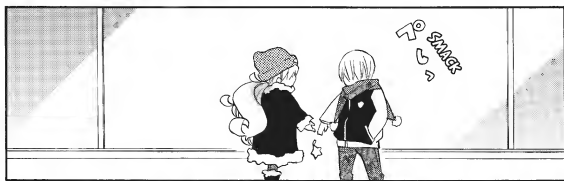
wasn't
it?

and
put
pie
pastry
on top
to
make
pot
pie.

We took
the
stew
from
yes-
terday,
stuck it
in a mug
Recommended!

The pie we
had this
morning
was
yummy,





Chapter 20: End

BA-DUN
BA-DUN



BEEF STEW



☆ Ingredients ☆ (serves 3)

1½ onions 1 carrot 1 clove garlic 500 g beef flank (steak)
Some salt and pepper 200 cc red wine 6 mushrooms

- (A) 10 g butter ½ Tbsp vegetable oil
(B) 200 cc water 150 g canned tomatoes 1 can demi-glace sauce ½ tsp salt
Bouquet garni (one piece each of celery and parsley, and one bay leaf tied with a string)
(C) 10 g butter ½ Tbsp vegetable oil

Steps

1. Mince 1/2 of an onion and 1/4 of the carrot. Thinly slice the garlic. Cut the beef into 8 or 9 even portions and season with salt and pepper.
2. Heat A ingredients in a frying pan and add the beef from step 1. Sear the meat on high heat. Once all sides are browned, take it out and transfer to a pressure cooker.
3. Use the oil remaining in the frying pan from step 2 to fry the onion, carrot, and garlic from step 1. Once the onion is caramelized, add the red wine. Scrape any burnt parts off the pan and add them and the soup to the pressure cooker mentioned in step 2.
4. Turn on the pressure cooker and, once the soup comes to a boil, turn to low heat and simmer 3-4 minutes. Add the ingredients from Group B and cover with the lid.
5. Once you start to hear definite noises from the pressure cooker, turn to medium heat and pressure cook for 15 minutes. Turn off the heat and let it sit for 15 minutes. Once that time is up, release the pressure and open the lid.
6. Cut the whole onion into wedges and chop up the remaining carrot into chunks. Wipe any dirt off the mushrooms and remove the stems.
7. Heat C ingredients in a frying pan. Add the ingredients from step 6 (first carrots, then onions) and slowly fry on low heat. Finally, add the mushrooms, and fry them as well.
8. Add ingredients from step 7 to the pressure cooker from step 5 and boil for 20-30 minutes. Season to taste and.



Once the stew thickens up, the bottom of the pressure cooker has a tendency to burn, so stir with a spatula once in a while. Also, note that the meat will fall apart easily!



LET'S GO!

CULTURE FESTIVAL



Iida-san,
you make
a great
witch!

Ooh!



Everyone
who's doing
advertising and
bookkeeping
is doing it.
Let's go!

Do...
Do I
really
have to
wear
this in
public?



Say a spell
or some-
thing!

A...

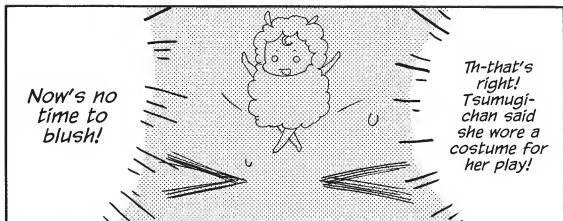
A spell?

You're
so stiff!
Relax!
Relax!

Ugh...
Okay...

Sign: Culture Festival





Now's no
time to
blush!

Th-that's
right!
Tsumugi-
chan said
she wore a
costume for
her play!



Cichin
Puitsu!

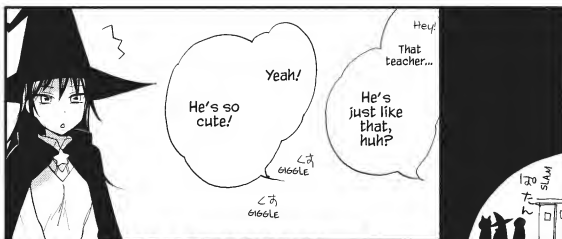
A...

Abraca-
dabra!

POINT
ポイント



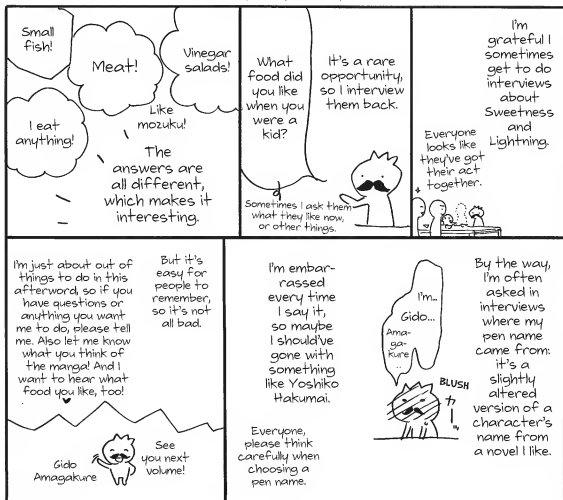




The End



Afterword



★ Thanks to: ★

KOZ-Tan GON-Chan Tsuru-San Wakayama-san M-chan

My Family

T-Shiro-sama K-Yama-sama Jun Abe-sama

Photo and Research Support: Tabegoto-ya Norabou-sama

& Cooking Advisor: Akari Taitou

And
it's that
bratty kid
Suguru!



Tsumugi's
brought
home a
boy!



Tsumugi's
boyfriend?

Daddy,
what
will you
do!?



Could
he
be...

Now appearing in *Monthly good! Afternoon!*

sweetness & lightning 5

On Sale September 2015

Sensei,
are you
okay?



***Sweetness and Lightning* volume 4**

KODANSHA COMICS Digital Edition

STORY AND ART BY Gido Amagakure

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